

The London Clinic

CRITICAL CARE NURSES' EXPERIENCE OF A COMPASSION FOCUSED THERAPY WORKSHOP

SERVICE IMPROVEMENT

SEPTEMBER 2017

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CLINICAL EDUCATOR

INTENSIVE CARE UNIT



— THE —
LONDON
CLINIC

COMPASSION FOCUSED THERAPY

WHY?

- New Manager
- New Clinical Educator
- New Unit
- New Team

- CQC Preparation + CQC Visit



SERVICE IMPROVEMENT

AIMS (OBJECTIVES) & METHODOLOGY

AIMS

To evaluate the team's experience of a Compassion Focused Therapy workshop and review its appropriateness to support teams facing changes or challenges.

METHODOLOGY

A questionnaire was completed by 20 intensive care nurses after the workshop. This comprehended a mix of Likert scales and open-ended questions.



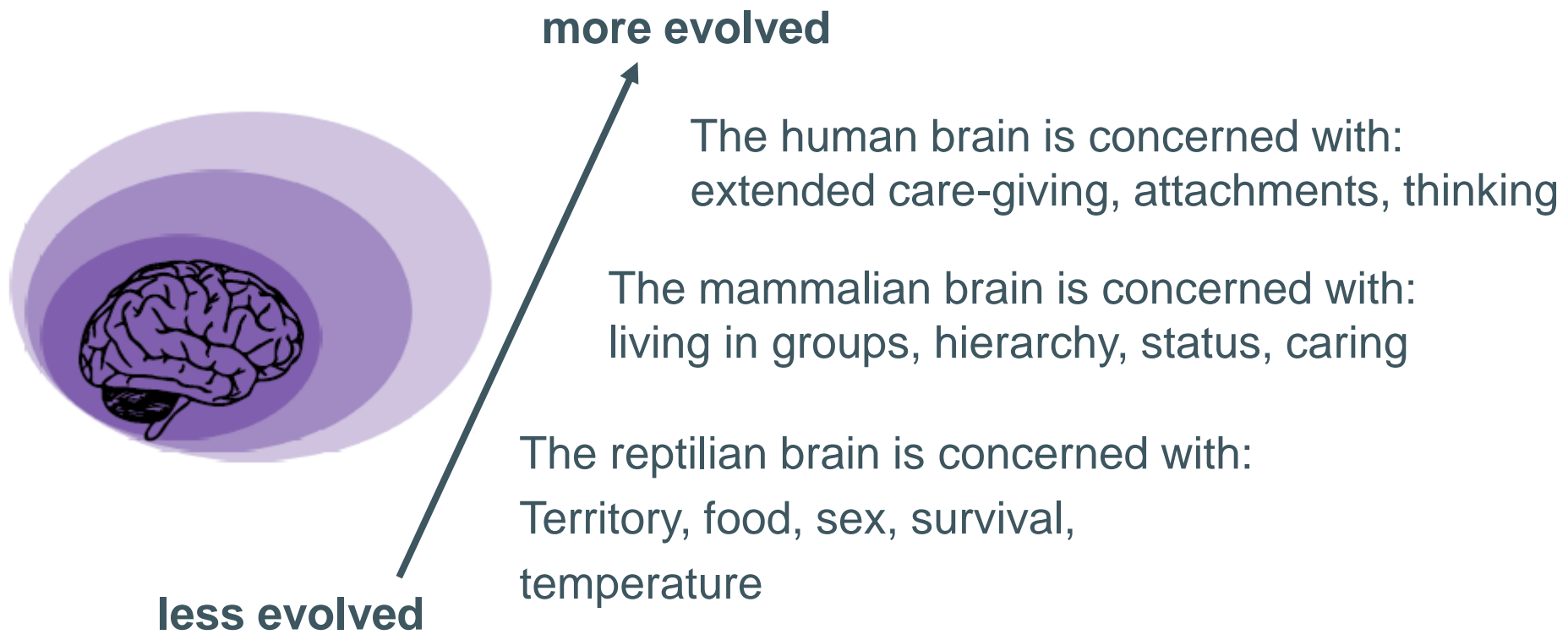
COMPASSION FOCUSED THERAPY

BACKGROUND

- Developed to treat shame, self-loathing and self-criticism
- Useful for the treatment of depression, anxiety, trauma and psychosis
- It draws upon the science of human nature, evolution and attachment

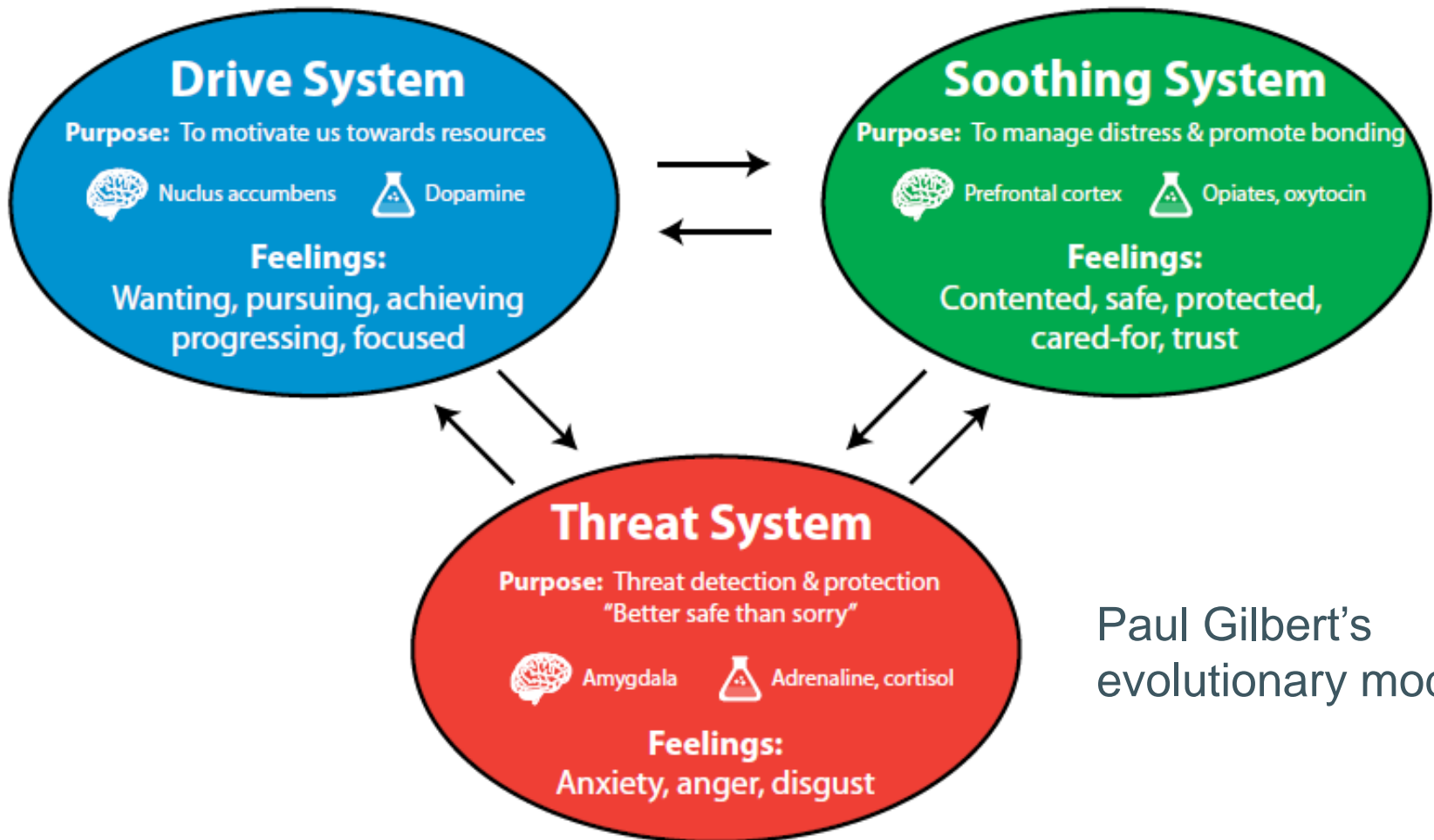
COMPASSION FOCUSED THERAPY

EVOLUTION AND THE BRAIN



COMPASSION FOCUSED THERAPY

EMOTIONAL REGULATION SYSTEMS



Paul Gilbert's
evolutionary model

COMPASSION FOCUSED THERAPY

SYSTEMS CHARACTERISTICS

	Threat system	Drive system	Care-giving system
Motivation	Survive	Achieve, win	Look-after, soothe
Attention	Threat-focused	Goals, advantage	Empathy to distress
Thoughts	About danger	Achieving	Caring, soothing
Emotions	Fear, anxiety	Positive, motivated	Safeness
Physiology	Highly aroused	Aroused	Calm
Behavior	Fight or flight	Focused	Look-after, soothe

COMPASSION FOCUSED THERAPY

SYSTEMS DEVELOPMENT





COMPASSION FOCUSED THERAPY

ALLEVIATING SUFFERING

- The goals of CFT is to alleviate suffering by developing your care giving (compassion) system – allowing you to leave more comfortably in your own mind.
- Treatment using CFT involves:
 - *Learning about human nature;*
 - *Learning skills to develop the care-giving system;*
 - *Practicing activating the care-giving system*
 - *Using it in your life*



COMPASSION FOCUSED THERAPY

SELF COMPASSION

In order for individuals to fully experience self-compassion, they must adopt a mindful perspective:

- They must not avoid or repress their painful feelings...
- They need to develop compassion toward their experiences whilst at the same time they must not over identify with their experiences because:
 - They need the space to be kind toward themselves,
 - And recognise the humanity of their experience.

(Neff, 2003)

TEAM SESSION IN CRITICAL CARE

SUPPORTING OUR STAFF

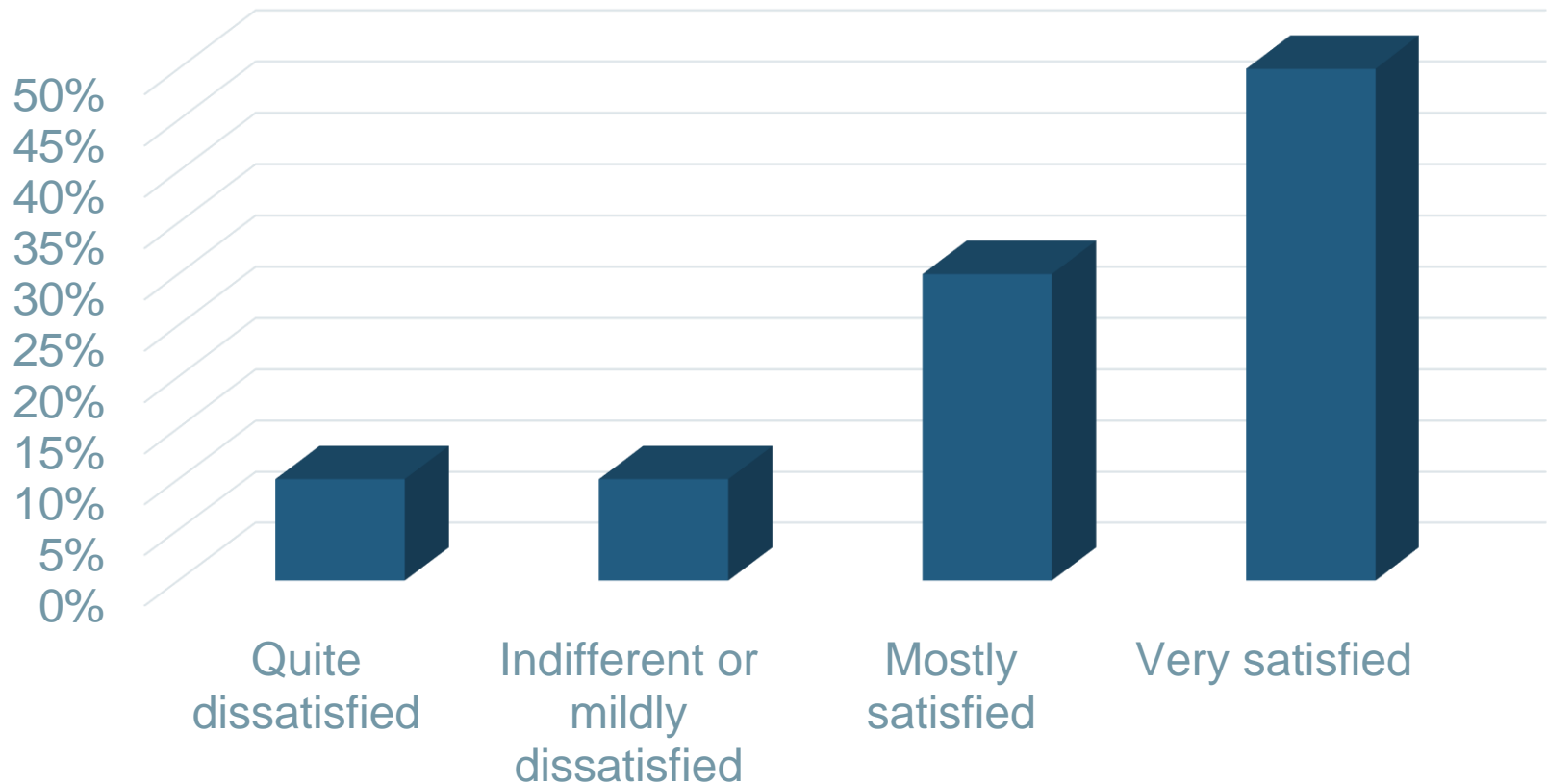
- 2 Team Sessions – Wholeness: Self-Compassion as a means of Resilience.
- Day covered:
 - Discussion
 - Meditation
 - Experimental exercises



FEEDBACK - RESULTS

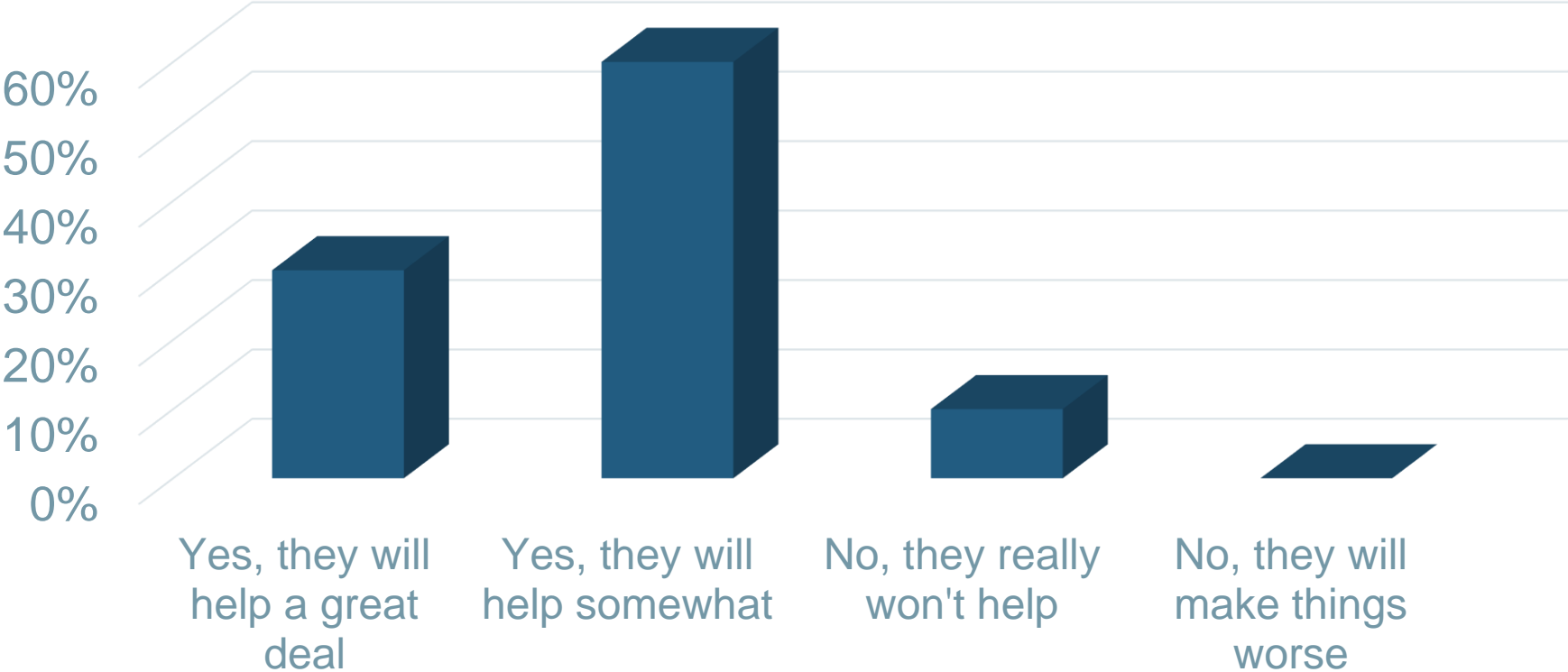


How satisfied are you with today's workshop?



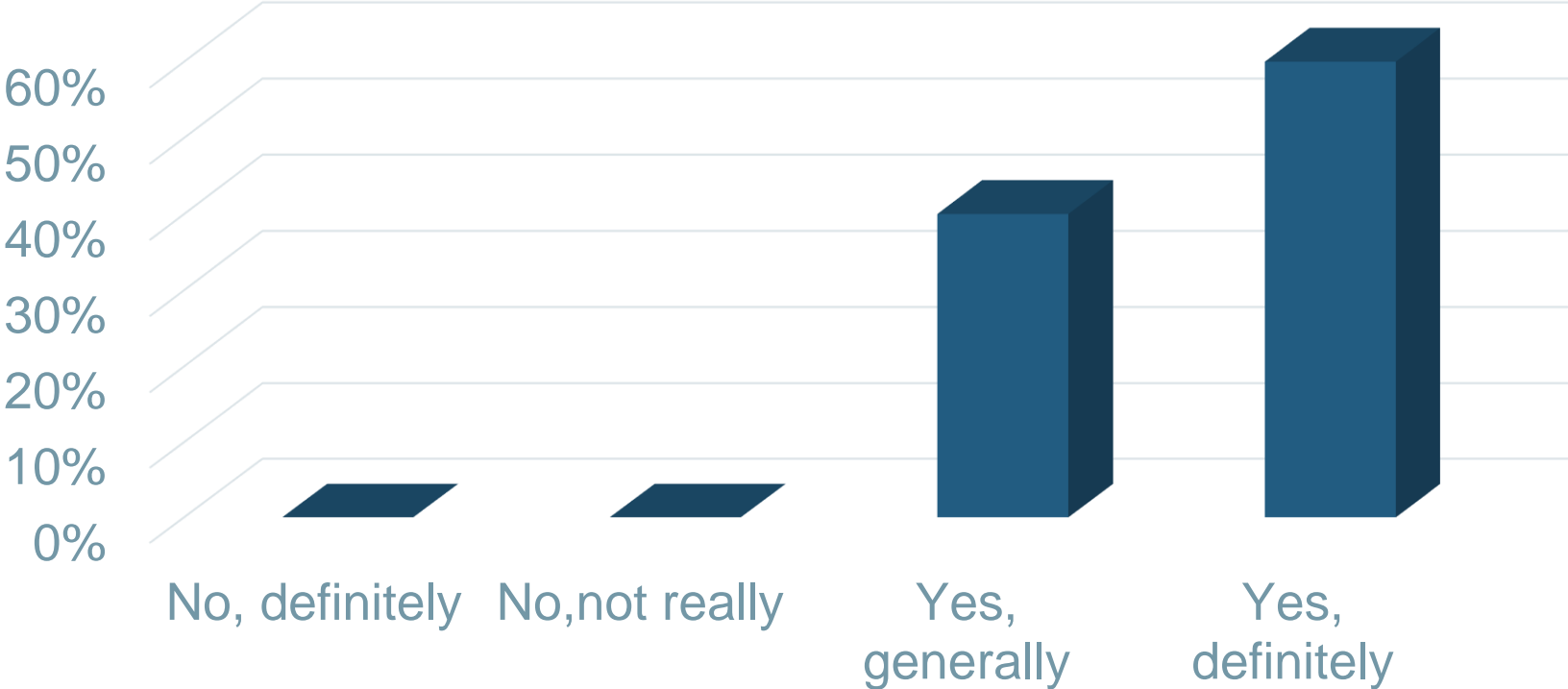
FEEDBACK - RESULTS

Will the workshop help you to deal more effectively with your problems at work?



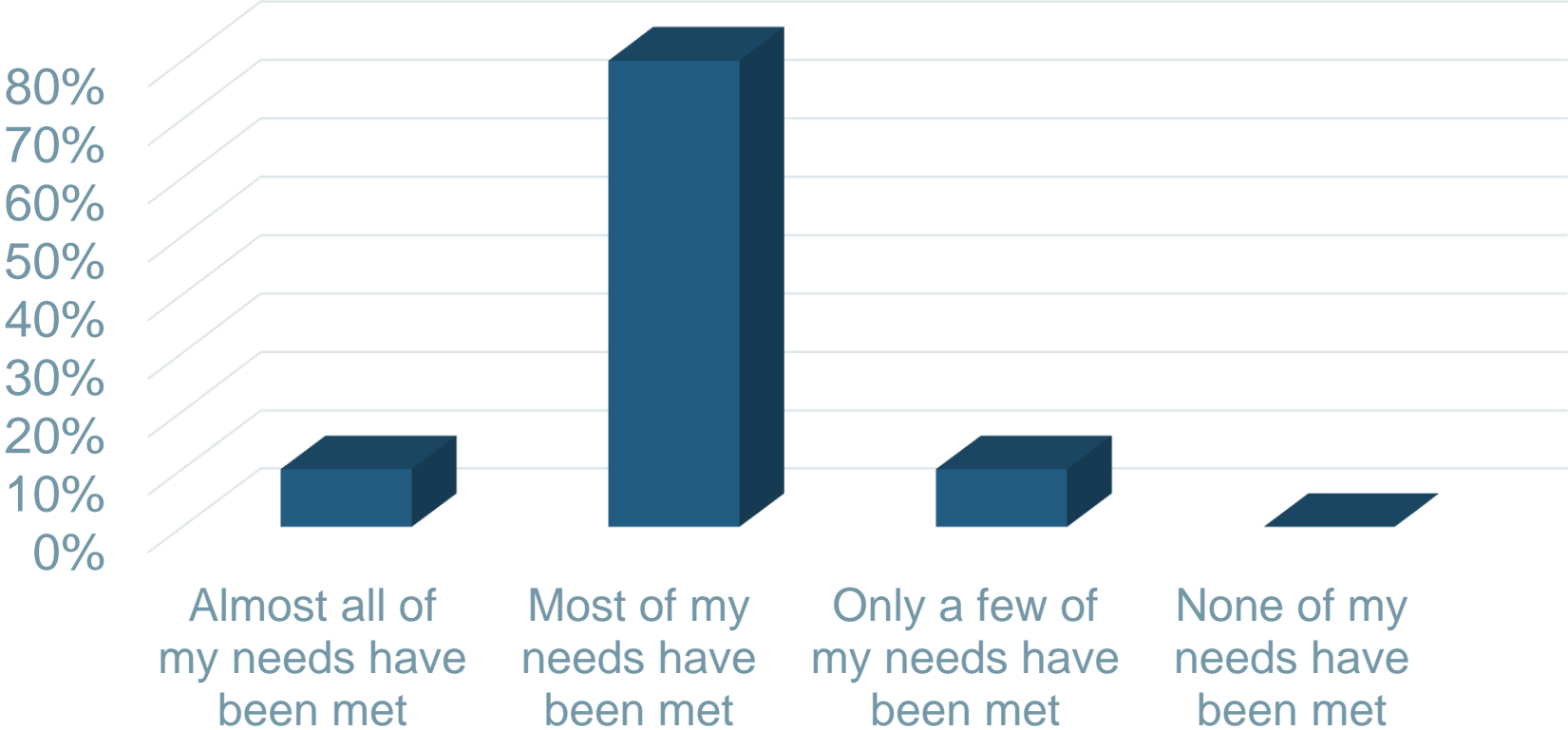
FEEDBACK - RESULTS

Was this workshop the type of support you want from The London Clinic?



FEEDBACK - RESULTS

To what extent has the workshop met your needs?



FEEDBACK - RESULTS

AREAS COVERED

- The compassion focused therapy model was the one which interested most staff;
- Self-Assessment (experimental exercise)
- Meditation / relaxation techniques which include breathing exercises were perceived by some staff members as difficult to adjust to.



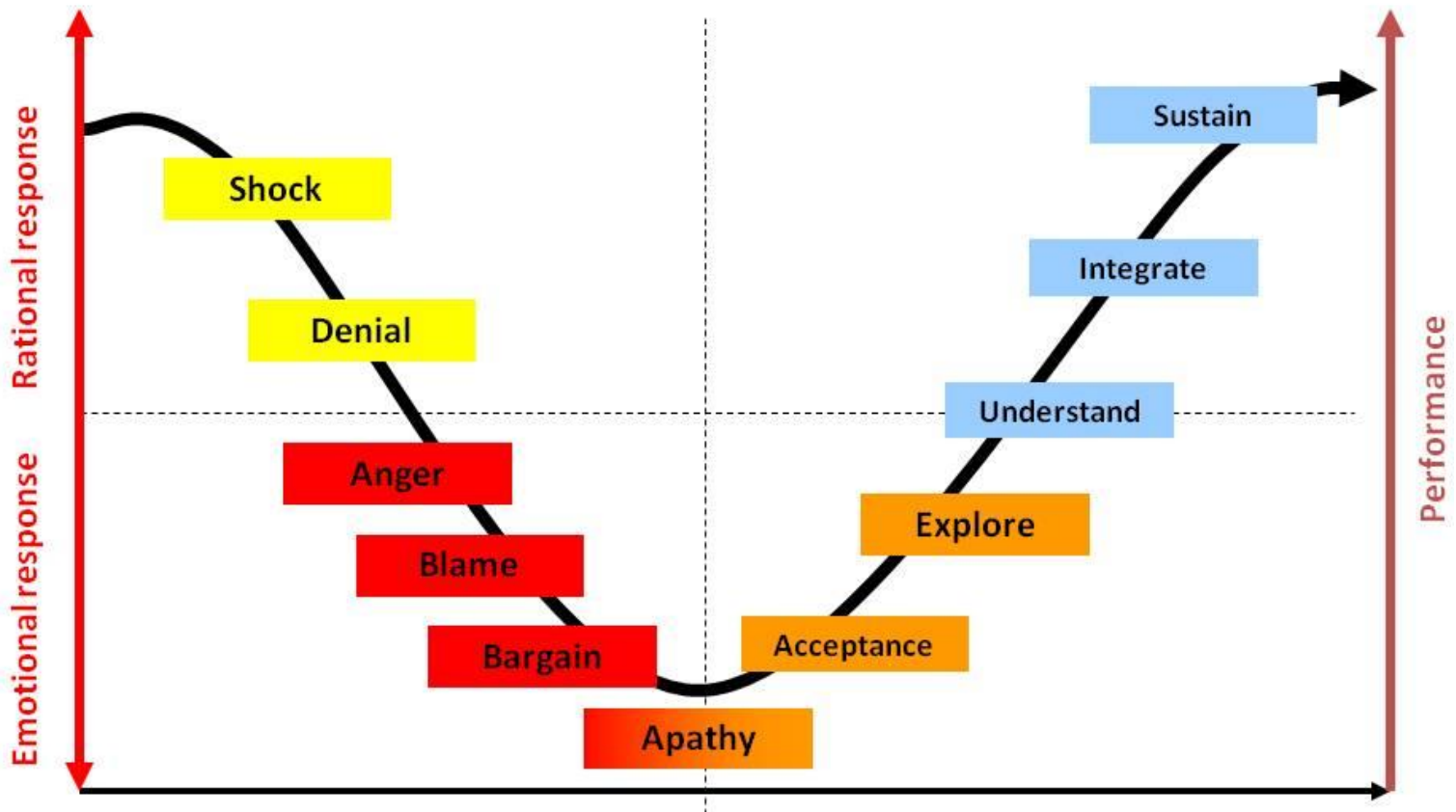
CARING – SUPPORTING STAFF

CONCLUSIONS

Compassion Focused Therapy demonstrated to be a positive alternative to consider as it modulates the response of the individual to stress and anxiety during a period where resilience is needed.

CARING – SUPPORTING STAFF

CONCLUSIONS



CARING – SUPPORTING STAFF

THE LONDON CLINIC – SERVICE IMPROVEMENT

- **Improve staff working conditions:**
 - ✓ Safe staffing (4:3 ratio)
 - ✓ 100% guaranteed break time
 - ✓ State of the art unit
 - ✓ Coffee room
 - ✓ Changing rooms with lockers
- **Improve staff development:**
 - ✓ Professional development
 - ✓ Personal development
 - ✓ Team approach (Team days + work allocation)

FUTURE

AREAS FOR DEBATE

1. Larger studies and studies which focus on the effects of the therapy in healthcare teams are needed to better justify the application of Compassion Focused Therapy in a wider scale.
2. Mandatory Training to include Personal developed as opposed to Knowledge/Skills development only

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